

Activity Alphabet!



Can you think of a physical activity
for each letter of the alphabet?

Be creative!

A _____

B _____

C _____

D _____

E _____

F _____

G _____

H _____

I _____

J _____

K _____

L _____

M mowing the lawn

N _____

O _____

P _____

Q _____

R _____

S _____

T _____

U unicycle riding

V _____

W _____

X _____

Y _____

Z _____



Tuning
In

*Developed by: Denise Zimmer, RD, Eat Smart Be Smart Guide: Lesson Fifth—Tuning In.
Source: Wellness in the Rockies, (WIN the Rockies) developed at the University of Wyoming,
www.uwyo.edu/wintherockies.*

Eat Smart Be Smart